



National Caregivers Day February 19th

National Caregivers Day is right around the corner. It is important that we show our appreciation and give thanks to all who care for those in need. Read about how you can show your gratitude to professional and family caregivers this year.

[More Info](#)



A Not-So-Lonely Valentine's Day for Seniors

Through the tough times of 2020, Adopt-A-Grandparent program is finding new ways to keep assisted living facilities across the country in their thoughts. See how residents in Kentucky are being appreciated this Valentine's Day.

[More Info](#)



Keeping a Positive Environment through 2021

Finding ways to keep residents happy this past year was a challenge. This activities director found new ways to connect on a more personal level with those in assisted living through scheduled events and zoom calls. Read about how different activities maintained the livelihood of this facility and continues to this year.

[More Info](#)



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Love has no age, no limit; and no death. - John Galsworthy

One of the most wonderful Valentines I ever received was from my grandma. She and my grandpa had moved to Florida when I was eight—a sad day. We shared a treasure trove of memories. Gram taught me to bake and sew. Gramp taught me to bowl. They had an endless supply of Juicy Fruit gum and butterscotches. On this particular Valentine's Day, Gram had scored big at Bingo. Instead of buying something for herself, she split the winnings among her 13 grandchildren, putting \$5 in an envelope with a Valentine card to each of us signed "With Love, Grandma." That was a big deal. I rarely got mail, and certainly not any containing cash. My big sisters got valentines, not me. That single act could not have better captured my grandma—selfless, generous, thoughtful, loving and fair. Her Valentine demonstrated how one small act of a beloved person can outlive them.

So to all of you dedicating your lives to care for beloved ones, please know the legacy of your work is something infinite—love.

Happy Valentine's Day.

Julie Bordo, CEO
PCH Mutual

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